



# NUTRITION SUGGESTIONS FOR BASKETBALL PLAYERS

## PERFORMANCE, RECOVERY & MACRONUTRIENT GUIDE

Basketball players require a carefully structured nutrition plan to support strength, endurance, recovery, and overall performance. This guide outlines key strategies for both the off-season and in-season, including macronutrient breakdowns, hydration, and sample meal ideas.

### GENERAL GUIDELINES

- **Balanced Diet:** Prioritize lean proteins, complex carbohydrates, and healthy fats. Include a wide variety of fruits and vegetables for essential vitamins and minerals.
- **Hydration:** Aim for at least 3-4 liters of water daily. Use electrolyte drinks during intense practices or games.
- **Meal Frequency:** Eat every 3-4 hours to maintain steady energy and aid recovery.
- **Pre-Workout:** Consume a carb + protein snack 1-2 hours before training (e.g., banana with peanut butter).
- **Post-Workout:** Refuel within 30 minutes with protein + carbs (e.g., protein shake with fruit).

### OFF-SEASON NUTRITION (STRENGTH & MUSCLE BUILDING)

The off-season is the best time to build strength and muscle mass while refining body composition. Calorie intake should be slightly above maintenance to promote lean gains.

| MACRONUTRIENT / TARGET | RECOMMENDED INTAKE & 180 LB PLAYER EXAMPLE                                    |
|------------------------|-------------------------------------------------------------------------------|
| Calories               | ~16-18 calories per pound   <b>Example (180 lb):</b> 2,900-3,200 kcal         |
| Protein                | 0.6-0.8 g per pound (15-20% of calories)   <b>Example (180 lb):</b> 110-145 g |
| Carbohydrates          | 2.5-3.5 g per pound (50-55% of calories)   <b>Example (180 lb):</b> 450-600 g |
| Fats                   | 0.4-0.5 g per pound (25-30% of calories)   <b>Example (180 lb):</b> 70-90 g   |

### IN-SEASON NUTRITION (PERFORMANCE & RECOVERY)

During the season, the priority shifts to maintaining energy, supporting recovery, and sustaining performance across practices and games. Calories remain at or just above maintenance.

| MACRONUTRIENT / TARGET | RECOMMENDED INTAKE & 180 LB PLAYER EXAMPLE                                                            |
|------------------------|-------------------------------------------------------------------------------------------------------|
| Calories               | ~14-16 calories per pound   <b>Example (180 lb):</b> 2,500-2,900 kcal                                 |
| Protein                | 0.6-0.75 g per pound (15-20% of calories)   <b>Example (180 lb):</b> 110-135 g                        |
| Carbohydrates          | 3-5 g per pound (55-65% of calories), adjusted based on workload   <b>Example (180 lb):</b> 540-720 g |
| Fats                   | 0.3-0.4 g per pound (20-25% of calories)   <b>Example (180 lb):</b> 55-70 g                           |

SAMPLE DAILY MEAL PLAN

**BREAKFAST:**

- Omelette with 3-4 eggs, spinach, tomatoes, and cheese.
- Whole grain toast with avocado.
- Fruit smoothie with berries, banana, and a scoop of protein powder.

**MID-MORNING SNACK:**

- Greek yogurt with honey and granola.
- Apple or another piece of fruit.

**LUNCH:**

- Grilled chicken breast or fish.
- Brown rice or quinoa.
- Steamed vegetables (broccoli, carrots, etc.).
- Mixed salad with olive oil and vinegar dressing.

**AFTERNOON SNACK:**

- Protein shake with almond milk and a banana.
- Whole grain crackers with hummus.

**DINNER:**

- Lean beef or turkey.
- Sweet potatoes or whole grain pasta.
- Mixed salad with a variety of vegetables.
- Steamed or roasted vegetables.

**EVENING SNACK:**

- Cottage cheese with pineapple or berries.
- Handful of almonds or walnuts.

ADDITIONAL TIPS

- Minimize processed foods, sugary snacks, and soda.
- Adjust carbohydrate intake based on daily workload (more on game days, less on rest days).
- Prioritize sleep and recovery as part of your nutrition plan.

- Consider supplements such as whey protein, creatine, or multivitamins if needed.

---

## **UNCONQUERED. UNBREAKABLE. INVICTUS.**

**[invictussports.org](https://invictussports.org) | [@invictus\\_unconquered](https://twitter.com/invictus_unconquered)**

*This program is for educational purposes. Consult a physician before beginning any new nutrition plan. Results vary based on individual effort, metabolism, and consistency.*